Taking 100% responsibility

When we are stressed, and not feeling well, I think we tend to not think things through and make off-colored opinions about how things happened. Initially, the story was, I tried to communicate about the headache in September, and he blew it off. Then I tried again, and I didn't get much of an answer, and I had to try again.

I am working with something called conscious leadership, and these have been guiding principles of late.

http://conscious.is/resources

They talk of operating above the line, and one precept to consider, the opposite of my story is also true, and taking 100% responsibility.

When the body is in crisis, for some reason, I find I operate "below the line", and I think perhaps because the system might be plugged into the fight/flight part of the brain/body dance. Some deep survival instinct perhaps. Curious about that. I think I'll research that question. I want to know why when we are sick and stressed it is a struggle to operate above the line, why we get irritated so easily, how pain really colors our reality.

I think in my situation there were multiple dynamics. The body knows and senses that something is seriously wrong and was urging one thing, I had life experiences that cause me to fear and not trust doctors and had been working on trying to build trust - slowly, I tend to want to paint the picture of life rosy colored, given some life experiences, I have an extremely high threshold for pain, my brain wasn't working well, and I don't think I was processing responses I received well, and misinterpreted messages as - well, he must not think it is important, so I'll wait and see and tough it out, which is a lifelong pattern.

I'm one tough cookie! Time to soften up!

When I lay in the ER room and gazed over at a poster that asks you to rate your pain. A Wong Baker pain scale. http://intranet.tdmu.edu.ua/data/kafedra/internal/meds/classes_stud/en/nurse/en/RN-BSN/1%20year/Fall%20semester/Health%20Assessment%20Practicum/04.%20Pain%20Assessment.htm

Perhaps because I flow as a multifaceted create and have aspects blending in a varying ages, the total of who I am finally got it.

For a person who isn't a survivor of extreme trauma, gauging by the faces, pain at a 3, is a 3. A person who is a survivor of extreme trauma, the same degree of pain is experienced as a 1 because they are aware of a different type of pain in the realm only those who have been tortured can fathom - the type where you dissociate, or hallucinate, and cry out to die it is so bad, or the body shuts down, and they bring you back after it is shut down.

There is a type of pain that must go beyond the "normal" rate your pain on a scale of 1 to 10.

I am going to make a new drawing for this.

I'll be back - my pain is at a "normal" person's 7. I need to lie down, before I would measure this as a 5. When it is at a 7, time to catch the pain. Another salt bath